[*Sam Shuster, PhD*](http://sportsanddrugs.procon.org/viewsource.asp?ID=007265) *http://sportsanddrugs.procon.org/files/sportsanddrugs/gstar.gifhttp://sportsanddrugs.procon.org/files/sportsanddrugs/gstar.gifhttp://sportsanddrugs.procon.org/files/sportsanddrugs/gstar.gif*There is no difference from at the level you train and what substance you’re taking when your training at that level. Sports are exciting! You should not be able to get in trouble for training hard.

*Emeritus Professor of Dermatology at Newcastle University  
"There's No Proof That Sports Drugs Enhance Performance," The Guardian  
Aug. 4, 2006*